

# Kingstowne Center for Active Adults

6488 Landsdowne Center Alexandria, VA 22315



Operating Hours: Monday - Friday 9 a.m. to 4 p.m.  
Telephone: 703-339-7676, TTY 711

[www.fairfaxcounty.gov/ncs](http://www.fairfaxcounty.gov/ncs)

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

## October 2015

Programs			
Program	When	Time	Description
Open Gym	Mon.-Fri.	9 a.m.	
Internet Café	Mon.-Fri.	9 a.m.	
Zumba Gold/ One	Wednesday/Tuesday	9:15 a.m./12:25 p.m.	If you are looking for a fun exercise class, this one is for you. This is a high energy Latin inspired dance fitness class. Class fee.
Zumba Gold Two	Tuesday	1:15 p.m.	
Yoga	Tue. and Thur./ Wed. and Fri.	9:15 a.m./5 p.m.	This class uses breathing techniques and principles of Hatha Yoga to move through standing and floor postures to improve circulation, flexibility, stamina, balance and coordination. Appropriate for individuals who can stand and get up and down from the floor easily. Class fee.
Conversational French club	Wednesday	10:30 a.m.	
Conversational Spanish Club	Wednesday	11:30 a.m.	
Line Dancing Club	Monday	7 p.m.	
Intermediate Line Dancing	Friday	10:15 a.m.	Class fee
Jazzercise Lite	Monday	11:30 a.m.	This 45 minute class combines moderate aerobics with exercises designed to improve your strength, balance and flexibility.
Beginner Integral Tai Chi	Thursday	10:30 a.m.	
Integral Tai Chi	Tuesday	2 p.m.	This class teaches QiGong and Chi Kung stretches and exercises. A traditional "Tai Chi Form" is also performed. Tai Chi is a non-impact from of exercise that improves the practitioner's flexibility, balance, stamina and has been shown to keep one's health issues under control.
Tai Chi at KCAA &KL	Thursday	10:30 a.m.	This class teaches QiGong and Chi Kung stretches and exercises. A traditional "Tai Chi Form" is also performed. Tai Chi is a non-impact from of exercise that improves the practitioner's flexibility, balance, stamina and has been shown to keep one's health issues under control.
Chair Jazzercise	Monday	10:30 a.m.	This is a 55 min. class combines moderate chair aerobics with exercises designed to improve your strength, balance and flexibility. The routines are mixed with seated and standing moves using chair for balance, if needed.
Healthy Heart	Tuesday/Thursday	9:10 a.m.	At the Franconia Moose Lodge. Is an hour long moderate to vigorous workout that incorporates a variety of aerobic moves to increase cardio-vascular fitness, increase muscular strength and endurance, and improve flexibility. Comfortable clothing, sturdy fitness shoes and water bottle are recommended.
KGB Gamers' Club	Thursdays	9 a.m.	
Scrabble Gamers Club	Thursday	2:30 p.m.	
Total body Workout	Monday	9:15 a.m.	Class fee.
Chair Yoga	Friday	11:15 a.m.	
Mahjong Club	Tuesday/Thursday-	11:30 a.m./12:30 p.m.	Similar to the Western card game rummy, mahjong is a game of skill, strategy and calculation and involves a certain degree of chance.
Mat Pilates Core & More	Friday	9:15 a.m.	Class fee.
Piano Lessons	Tuesday/Friday	2:30 p.m./2:15 p.m.	Class fee.
Sunshine Store Open	Friday	9 a.m.	All new or clean and in season garments are welcome as well as other household items in good condition.
Bingo	Friday	12:30 p.m.	Designed by the Arthritis foundation, it provides gentle exercise movements that will help overcome pain. Class fee.
Chair & Beyond-Zumba Gold	Wednesday	10:30 a.m.	Class fee.
Move to the Beat	Wednesday	12:30 p.m.	
Balance and Strength	Tuesday	10:30 a.m.	This class is designed to improve one's balance and muscle tone by combining traditional weight work with balance skills, such as standing on one leg, gait pattern variations, seated resist-a-ball exercises and center of gravity work included.
Meditation	Wednesday/Friday	6 p.m./6:30 p.m.	
Walk off the Pounds	Mon. and Tue./Fri.	4 p.m.	This is a great way to increase your cardio workout and stretch your leg muscles at the same time.
Classes			
Class	When	Time	Description
AARP Driver Safety Class	10/6/2015	8 a.m.	
History Club	10/10/8 and 10/22	12:30 p.m.	
Intermediate Spanish Class	Monday	11:30 a.m.	
Art Class	Monday	12:30 p.m.	At Kingstowne Library. Class fee.
iClassiPonelPad class	Tuesday	10 a.m.	Reservations required
Bridge Class	Friday	2:30 p.m.	
One on One Computer tutoring	Wednesday	10 a.m.	
Conversational English class	Wednesday	12:30 p.m.	Registration required.
FallProof series	Thursday	1 p.m.	
Money Management Class	Wednesday	1:30 p.m.	You must attend all three sessions to participate. Registration is required at the front desk.

Classes			
Computer Clubhouse	Monday	1 p.m.	
Beginner Belly Dancing	Thursday	2 p.m.	Class will be taught every Thursday starting on March 5 at 2:00 p.m. Use muscles you didn't know you had, and stretch in directions you don't normally go, strengthening, improving balance and having fun at the same time.
New! Yoga Flow	Monday	2 p.m.	class fee
New! Barre Class	Thursday	10 a.m.	
New! Ballroom Dancing	Wednesday	1:30 p.m.	
Special Events/Trips			
Event/Trip	When	Time	Description
Game Night	10/9/2015	4 p.m.	Don't forget Game Night on Friday, October 9 from 4 a.m. to 9 p.m. This is a change of date because of our craft fair this month. Next month we will return to the normal third Friday of the month.
Walmart	10/7/2015	10:15 a.m.	
Springfield Plaza	10/14/2015	10:15 a.m.	Trip of necessity. Reservations required.
Gunston Plaza	10/21/2015	10:15 a.m.	Trip of necessity. Reservations required.
Cracker Barrel	10/28/2015	10 a.m.	Trip of necessity. Reservations required.
B & O Railroad museum and G & M restaurant	10/8/2015	8 a.m.	Reservations required
Kingstowne Toasties	10/1 and 10/15	6:30 p.m.	
KCAA-TC-Cruise Meeting	10/3/2015	10 a.m.	
Botanical Gardens trip	10/13/2015	10 a.m.	Reservations required
Trip check in- Gin Game	10/28/2015	6:30 a.m.	Reservations required
FCPD and AARP Guest speaker	10/13/2015	noon	
Book Club	10/14/2015	2 p.m.	
Craft Fair	10/17 and 10/18	7 a.m.	Craft Fair sponsored by the Center in partnership with the KCAA's Travelers Club.
Flu shot Clinic	10/15/2015	9 a.m.	Reservations required
October Birthday Celebration	10/30/2015	noon	
Piano Registration Opens	10/30/2015	9 a.m.	
Community Meetings			
Meeting	When	Time	Description
KAA	10/7/2015	6 p.m.	
Advisory Council Meeting	10/20/2015	2:30 p.m.	
Landsdowne Meeting HOA	10/22/2015	6:30 p.m.	